BetterU

REFERENCE CARD

The ADHD Fuel Card

Your Brain Isn't Broken — It Runs on Different Fuel

No writing. No tracking. Just scan and go. Your ADHD brain has a jet engine — it just needs the right fuel. This card tells you exactly what fuels it and 5 methods to use that fuel. Screenshot it. Print it. Tape it to your wall.

1 Your Fuel Triggers (PINCH)

When a task hits one of these, your brain dominates. When it hits none, it shuts down.

P	I	N	C	H
Passion	**Interest**	**Novelty**	**Competition**	**Hurry**
Does this topic light you up inside?	Are you genuinely curious about this?	Is this new, fresh, or unfamiliar?	Can you compete against someone or yourself?	Is there a real deadline creating urgency?

2 The 5 Methods

Pick any one and use it right now

METHOD 1

Find the Fuel

Textbook kills focus? Find a documentary. Lecture boring? Find a debate. Same info, different fuel. Match the format to your PINCH trigger.

METHOD 2

Hunt, Don't Farm

Stop studying one subject for 2 hours. Rotate between subjects every 25–40 min. Follow what's hot. Abandon what's stale. Interleaving = better retention.

METHOD 3

Manufacture Urgency

Set a 30-min timer. Learn X before it runs out. Tell someone you'll explain it tomorrow. Your brain runs on stakes — so create them.

METHOD 4

Move Before You Learn

20–30 min intense exercise → sit down immediately. Don't shower. Don't check phone. Focus window lasts 2–4 hours. Capture it.

METHOD 5

Chase Obsessions

When a topic grabs your brain, drop everything nonessential and go deep. Hyperfocus teaches more in 4 hours than discipline teaches in 4 weeks. When it fades, switch. That's not flaky — that's cross-domain expertise. Da Vinci wasn't scattered. He was a multipotentialite.

3 The Rules

Jet engine rules, not diesel rules

⚡ **Match the fuel** ~~Try harder~~	🎯 **Rotate subjects** ~~Grind one topic~~	⏰ **Create deadlines** ~~Wait for motivation~~
🏃 **Exercise first** ~~Sit and hope~~	🔥 **Chase obsessions** ~~Force discipline~~	🌊 **Find your pool** ~~Fix the brain~~

Stop fixing the brain. Fix the environment. Find your pool.

Screenshot this. Print this. Tape it to your wall. Scan it before every study session.